

www.physiotherapyexercises.com

Exercise Booklet

Ceiling punch with weight



Therapist's aim

To strengthen the shoulder flexors.

Client's aim

To strengthen the muscles at the front of your shoulder.

Therapist's instructions

Position the patient in sitting or standing with a weight in their hand. Instruct the patient to punch to the ceiling by extending the elbow.

Client's instructions

Position yourself in sitting or standing with a weight in your hand. Start with your elbow bent and your fist facing towards the ceiling. Punch to the ceiling with your elbow straight. Finish with the weight above your head.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Elbow extensor strengthening in supine using free weights



Therapist's aim

To strengthen the elbow extensors.

Client's aim

To strengthen your triceps.

Therapist's instructions

Position the patient in supine with their shoulder flexed to 90 degrees and their elbow flexed. Instruct the patient to extend their elbow.

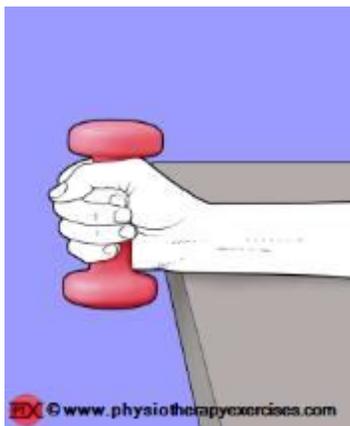
Client's instructions

Position yourself lying on your back. Start with your shoulder held vertically and your elbow bent. Finish with your elbow straight.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Maintaining wrist extension and radial deviation



Therapist`s aim

To strengthen the wrist extensors and radial deviators.

Client`s aim

To strengthen the muscles that straighten your wrist.

Therapist`s instructions

Position the patient with a weight in their hand and their thumb pointing upward. Instruct the patient to maintain wrist extension with radial deviation.

Client`s instructions

Position yourself with a weight in their hand and your thumb pointing upward. Maintain your wrist in a neutral position. Do not let it bend.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Punch across the body with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and improve your wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm across their body, keeping their wrist stiff.

Client`s instructions

Position yourself with your arm beside their body and theraband in your hand. Squeeze their shoulder blades together and punch your arm across your body, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the ceiling with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and improve wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm towards the ceiling, keeping their wrist stiff. Instruct the patient to slowly lower their arm

Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm towards the ceiling, keeping your wrist stiff. Slowly lower your arm.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the floor with theraband



Therapist`s aim

To strengthen the shoulder depressors and improve wrist stability.

Client`s aim

To strengthen your shoulder depressors and improve your wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and push their fist towards the floor, keeping their wrist stiff.

Client`s instructions

Position yourself with your arm beside their body and theraband in your hand. Squeeze your shoulder blades together and push your fist towards the floor, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the side with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm out to the side, keeping their wrist stiff.

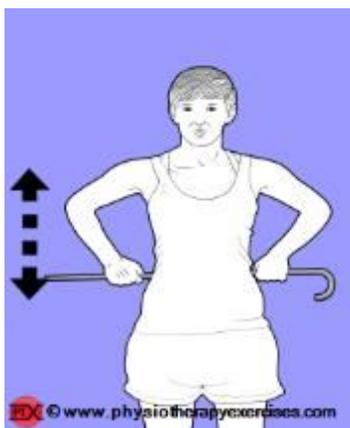
Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm out to the side, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Shoulder internal rotation with stick



Therapist`s aim

To maintain or improve range in the shoulder external rotators.

Client`s aim

To maintain or improve range in your shoulder external rotators.

Therapist`s instructions

Position the patient in standing with a walking stick behind their back. Instruct the patient to bend at the elbows and internally rotate the shoulders.

Client`s instructions

Position yourself in standing with a walking stick behind your back. Slide the stick up your back.

Triceps extension with weight in standing



Therapist`s aim

To strengthen the elbow extensors.

Client`s aim

To strengthen your triceps.

Therapist`s instructions

Position the patient in an upright position with a bench or chair in front of them. Instruct the patient to lean forward and place one hand on the bench or chair for balance. Instruct the patient to hold a weight in their other hand and extend the elbow. Ensure that the patient keeps the shoulder still.

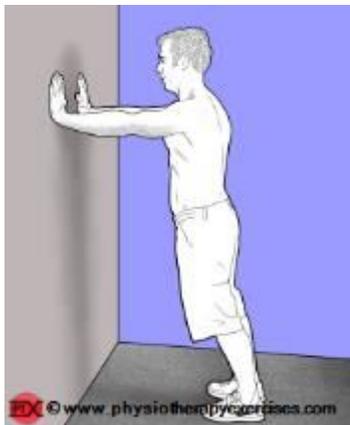
Client`s instructions

Position yourself in standing with a bench or chair in front of you. Lean forward and place one hand on the bench or chair for balance. Hold a weight in your other hand and extend the elbow. Start with your elbow bent. Finish with your elbow straight. Ensure that you keep your shoulder still.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Weight-bearing forearm stretch



Therapist`s aim

To maintain or improve range of motion and stretch tight tissue in the forearm and wrist.

Client`s aim

To stretch tight tissue in the forearm and wrist.

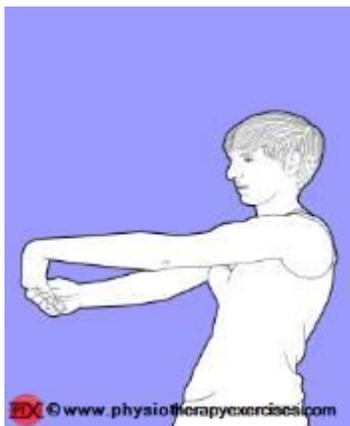
Therapist`s instructions

Instruct the patient to lean forward with hands supported on a wall. Ensure hips remain extended.

Client`s instructions

Lean forward with your hands supported on a wall. Ensure that your hips remain extended.

Wrist and finger extensor stretch in standing



Therapist`s aim

To stretch or maintain the length of wrist and finger extensors.

Client`s aim

To stretch or maintain length of your wrist and finger extensors.

Therapist`s instructions

Position the patient in standing with their arm in pronation. Instruct the patient to flex their fingers and wrist with the other hand. Ensure that the patient keeps the elbow straight.

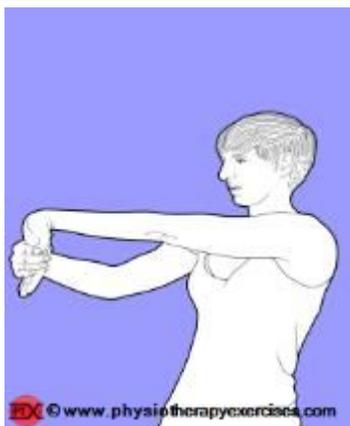
Client`s instructions

Position yourself in standing with your arm outstretched and your palm facing down. Bend your fingers and your wrist with your other hand. Ensure that your elbow remains straight.

Progressions and variations

1. Impaired or absent sensation of stretch.

Wrist and finger flexor stretch in standing



Therapist`s aim

To stretch or maintain the length of the wrist and finger flexors.

Client`s aim

To stretch or maintain length of your wrist and finger flexors.

Therapist`s instructions

Position the patient in standing with their arm in supination. Instruct the patient to extend their fingers and wrist with their other hand. Ensure that the patient keeps the elbow straight.

Client`s instructions

Position yourself in standing with your arm outstretched and your palm facing upwards. Straighten your fingers and bend your wrist back with your other hand. Ensure that your elbow remains straight.

Progressions and variations

1. Impaired or absent sensation of stretch.

Wrist extension prayer stretch



Therapist`s aim

To stretch or maintain length of the wrist and finger flexors.

Client`s aim

To stretch or maintain range in your wrist and fingers.

Therapist`s instructions

Position the patient in sitting with their palms together. Ensure that the fingers are positioned with the metacarpophalangeal and interphalangeal joints extended. Instruct the patient to slowly lower their wrists.

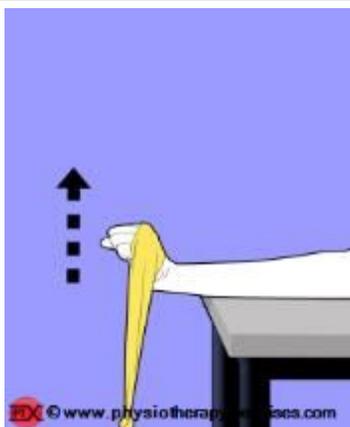
Client`s instructions

Position yourself in sitting with your palms together. Ensure that your fingers are touching and are kept straight. Slowly lower your wrists.

Progressions and variations

Less advanced: 1. Keep the wrists higher and the elbows beside the trunk. More advanced: 1. Lower the wrists and lift the elbows away from the trunk.

Wrist extensor strengthening using theraband



Therapist`s aim

To strengthen the wrist extensors.

Client`s aim

To strengthen your wrist muscles.

Therapist`s instructions

Position the patient with their arm supported on a table, forearm pronated and the hand over the edge of the table. Adjust the theraband so that it provides resistance to wrist extension. Instruct the patient to extend their wrist.

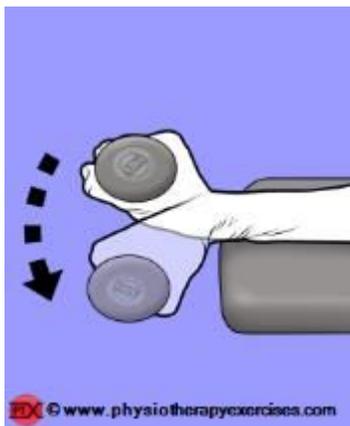
Client`s instructions

Position yourself with your arm supported on a table, palm facing down and hand over the edge. Attach one end of theraband to the floor below the wrist and the other end around your hand. Start with your wrist dropped downwards. Pull the theraband upwards. Finish with your wrist up above the table.

Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

Wrist flexion with weight



Therapist`s aim

To strengthen the wrist extensors eccentrically.

Client`s aim

To strengthen the muscles that control lowering of your wrist.

Therapist`s instructions

Position the patient with their wrist over the edge of the table, palm facing down and a weight in their hand. Instruct the patient to slowly lower their hand.

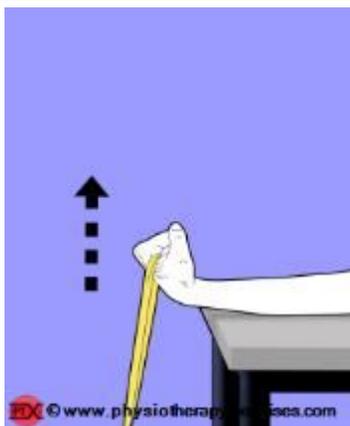
Client`s instructions

Position yourself with your wrist over the edge of the table, palm facing down and a weight in your hand. Slowly lower your hand.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Wrist flexor strengthening using theraband



Therapist`s aim

To strengthen the wrist flexors.

Client`s aim

To strengthen your wrist muscles.

Therapist`s instructions

Position the patient with their arm supported on a table, forearm supinated and the hand over the edge of the table. Adjust the theraband so that it provides resistance to wrist flexion. Instruct the patient to flex their wrist.

Client`s instructions

Position yourself with your arm supported on a table, palm facing up and hand over the edge. Attach one end of theraband to the floor below the wrist and hold the other end in your hand. Start with your wrist dropped downwards. Pull the theraband upwards. Finish with your wrist up above the table.

Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

Wrist ulnar deviation with theraband



Therapist`s aim

To strengthen the wrist ulnar deviators.

Client`s aim

To strengthen the muscles that move your wrist to the side.

Therapist`s instructions

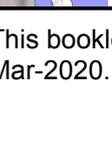
Position the patient in standing with a theraband in their hand and thumb pointing upwards. Instruct the patient to hold the long end of the theraband in their unaffected hand to provide resistance. Instruct the patient to ulnar deviate their wrist.

Client`s instructions

Position yourself in standing with a theraband in your hand and thumb pointing upwards. Hold the long end of the theraband in the unaffected hand to provide resistance. Move your wrist sideways towards the floor.

Progressions and variations

Less advanced: 1. Decrease the resistance from the theraband. More advanced: 1. Increase the resistance from the theraband.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk							

	1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							